

News For All Seasons



"Stay away from negative people, they have a problem for every solution"
— Albert Einstein

"When you feel like quitting, think about why you started" — Unknown

"It does not matter how slowly you go as long as you do not stop." — Unknown

"You're not going to master the rest of your life in one day. Just relax. Master the day. Then just keep doing that every day." — Unknown

"Worrying does not take away tomorrow's troubles, it takes away today's peace." — Unknown

The only person you should try to be better than... is the person you were yesterday!

*One resolution I have made, and try always to keep, is this:
To rise above the little things.*

John Burroughs

The FTC is getting reports about people pretending to be from the Social Security Administration (SSA) who are trying to get your Social Security number and even your money. . . . Here's what you need to know:

- The SSA will never (ever) call and ask for your Social Security number. It won't ask you to pay anything. And it won't call to threaten your benefits.
- Your caller ID might show the SSA's real phone number (1-800-772-1213), but **that's not the real SSA calling**. Computers make it easy to show any number on caller ID. You can't trust what you see there.
- Never give your Social Security number to anyone who contacts you. Don't confirm the last 4 digits. And don't give a bank account or credit card number – ever – to anybody who contacts you asking for it.
- Remember that anyone who tells you to wire money, pay with a gift card, or send cash is a scammer. Always. No matter who they say they are.

If you're worried about a call from someone who claims to be from the Social Security Administration, get off the phone. Then call the **real** SSA at 1-800-772-1213 (TTY 1-800-325-0778). If you've spotted a scam, then tell the FTC at [ftc.gov/complaint](https://www.ftc.gov/complaint)



PA FIRSTS

First American Stock Exchange

PENNSYLVANIA SYMBOLS

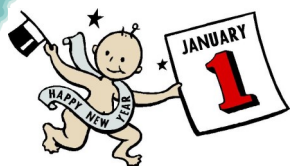
State Bird

Ruffed Grouse





**NEW YEARS DAY
THE CENTER IS
CLOSED!**



2. WG Deep Dish Pizza
Spring Mix
Shredded Carrots
Cucumber Slices (rind on)
L.F. Salad Dressing
Garbanzo Beans
HB: Roasted Broccoli
HB: Roasted Carrots
Tangy Tangerines
H:B. Mandarin Orange Slices

3. Roast Chicken
Legs
Baked Sweet Potatoes
Wild Wax Beans
WG Banana Muffin Loaf
Cantaloupe Wedge
HB: Sliced Peaches



4. Open Faced Hot
Roast Beef Sandwich on
WG Bread
Fluffy Whipped Potatoes
(with skins)
Garden Sweet Peas
Warm, Chunky
applesauce

7. Tomato basil soup
LS Hot ham and
cheese on a WG
Croissant
Broccoli Salad
HB: Capri Veggies
HB: Lima Beans
Chilled Pears

8. Sheperd's Pie
Roasted Asparagus
Spring Mix
Shredded Carrots
Cucumber Slices (rind on)
LF. Salad Dressing
WG Garlic Bread
Sliced strawberries with
pineapple chunks

9. Turkey Roll ups with
Cornbread Stuffing/
Gravy
Fluffy Whipped Potatoes
Butternut Squash
Baked Apples Slices



10. Juicy Pork
Chops, au jus
Whipped Sweet
Potatoes
Cauliflower au gratin
WG. Biscuits with
butter
Beaming Bananas
HB: Chilled Plums

11. Chicken smothered
in mushrooms
Garlic and Tomato
Couscous
Roasted Carrots
Snappy Green Beans
Chilled
Fruit
Cocktail



14.
Honey Mustard
Salmon
Baked Sweet Potato
Buttered Whole
Kernel Corn
WG roll with butter
Chilled Pears

15. Ham and Potato
Casserole
Blisery Beets
WG. Blueberry Muffin
Loaf
Tangy Tangerines
HB: Mandarin Orange
Slices



16. Italian Meatball
Submarine
Side of marinara
sauce
Spring Mix
Shredded Carrots
Cucumber slices (rind on)
Low fat dressing
Italian Green Beans
Perky Peas
Chilled Peaches

17. Minestrone Soup
2- WG Slider Rolls
with Shaved Turkey
Romaine Lettuce
Creamy Cole Slaw
HB: Turkey Cutlet with
LS Teriyaki Sauce
Parslied Buttered
Potatoes
Sautéed Cabbage
(green and purple)
Dinner roll/Butter
Gigglin Grapes
HB: Stewed prunes

18. Sweet and Sour
Pork
Fluffy brown rice
Steamed Sugar Snap
Peas
Chinese Stir Fry
Veggies
Beaming Bananas
HB: Pineapple Chunks



21.
Martin Luther King
Day (Center
Closed)



22. Lentil soup
California Burger on a
WG Pretzel Roll
Red Onion Slice
Fresh Tomato Slices
Avocado Slice
Carrot Salad
HB: Carrots
HB: Baked Beans
Beaming Bananas
HB: Chilled Peaches

23.
WG Macaroni and
Cheese
Stewed Tomatoes
Spring Greens
Shredded Carrots
Cucumber slices
Low Fat Dressing
HB: Mixed vegetable
medley
Baked Apples w/
raisins & cinnamon

24. Grape juice
Chicken Marsala
Roasted Broccoli
Orzo with Peas
Tangy Tangerines
HB: Chilled Pears



25. Mediterranean
Fish
Whipped Pumpkin/
brown sugar
Sautéed spinach with
garlic and olive oil
WG Dinner Roll with
butter
HB: Chilled fruit
cocktail
Beaming bananas



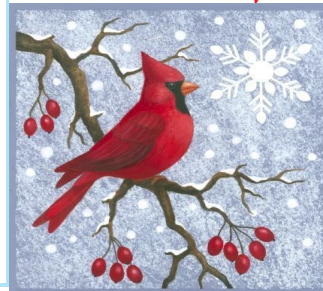
28.
Chili Con Carne
Spring Mix
Shredded carrots
Cucumber Slices
(rind on)
Low Fat salad
dressing
HB: Snappy Green
Beans
WG: Biscuits with
butter
Adoring Apricots

29. Turkey Pot Pie
Broccoli Salad
HB: Roasted Broccoli
Whole Berry Cranberry
Sauce
Cornbread
Diet Jell-O Cubes with
whipped topping



30.
Beef Burgundy with WG
Noodles
Butternut Squash
Spring Mix
Grape Tomatoes
Low fat salad dressing
HB: Roasted Cauliflower
Beaming Bananas
HB: Chilled peaches

31.
Tuscan Style Roast
Chicken with white
beans and tomatoes
Baby Red Roasted
Potatoes
Grilled Asparagus
WG Garlic Bread
Emerald Pears



All Centers closed on
Tuesday, January 1, 2019 —
New Year's Day



All Centers closed on
January 21, 2019 in
observance of Martin
Luther King, Jr. Day.

EVERYDAY AT THE HAWLEY CENTER

Monday

8-3 Cards & Games
8-3 Gym Equipment
10:30 – 11:30
Exercise
11:30 - 3 Mah Jong



Tuesday

8-3 Cards &
Games
8-3 Gym
Equipment
1 - 2 Bingo

Wednesday

8-3 Cards & Games
8-3 Gym Equipment
10:30 – 11:30 Ex-
ercise
10-1:30 Ceramics
Class
1-2 Tai Chi
5:30 – 8:30 Mah Jong

Thursday

8-3 Cards &
Games
8-3 Gym
Equipment
1:00 Bingo
11 – 2:30 Card
Club

Friday

8-3 Cards & Games
8-3 Gym Equipment
10 - 2 Crafts
10:30 – 11:30 Exercise



EVERYDAY AT THE HAMLIN CENTER

Monday

Cards & Games
8:00-12 Pinochle
10:00 Chair yoga



Tuesday

Cards & Games
10:30 Tai Chi
1:00 Bingo



Wednesday

Cards & Games
10:00 Exercise
12:30 Mahjong
(1st & 3rd)
1:00 Sing-Along
7 pm-9 pm Square
Dancing

Thursday

Cards & Games
10:00 Exercise
1:00 Crafts
1:00 Hamlin Jingers
Choral Group Prac-
tice

Friday

Cards & Games
10:00 Bingo



EVERYDAY AT THE HONESDALE CENTER

CAREGIVER'S SUPPORT GROUP *WEDNESDAY JANUARY 9 AT 1:30*****

Monday

10:30 Bridge
1:00 Crafts
12-2 Advanced Class
Line Dancing
2-4 Beginning /
Intermediate Line
Dancing

Tuesday

10:30 Exercise
1:00–4:00
Pinochle



Wednesday

10:30 Exercise
11:00 Tai Chi
1:00 Art Class
1:00 Bingo
1:00 Mah Jong
1:30-2:30 Jazz
Dance

Thursday

10:00 Games
1:00 Cards
3:00-4:00 Jazz
Dance



Friday

10:30 Exercise
1-2:30
Shuffleboard
1:00 Pool
1-2:30 Rummikub
1-3 Memoir Writing
Group (1st & 3rd)

NORTHERN WAYNE – THURSDAY, JANUARY 3rd

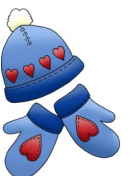
HAPPY NEW YEAR TO ONE AND ALL!

Who can believe that another year has passed us by. I know as well as others that 2018 had its ups & downs for many of us. Let's hope this year will be better in many ways. Let's take a look back on 2018. We started out with a very cold winter which seemed to never end, we celebrated lots of holidays and enjoyed our annual picnics. Then came the rains over and over again. Not too much sun - hope everyone is taking their vitamin D. And now to end 2018 we are freezing with nuisance snow and have I mentioned rain? But in spite of that - we had a terrific Christmas party with music, Santa, give-a-ways, a wonderful feast and goodies galore. We all went home with a present from the Jolly Old Fat Man himself. . . and the company wasn't half bad either. Believe it or not, we had close to 90 people here at our party with Adult Day Services. What a Christmas to remember. We are also looking forward to celebrating New Year's Eve with a traditional Pork dinner, noise makers and happy party goers. HAPPY NEW YEAR "2019".



Starting a New Year there is nothing at this time on the schedule, but when we find something we will put the information on the co-pilot. Thanks for your understanding.

And now, here is a list of our January Birthday's: William Dewar, Jule McConnell, Nina Chambers, Duane Austin, Victoria Bickel, Charles Reisel, Pat Vetter, Linda Mancuso, Eileen Robano, Barbara Rankin, Sandra Lynch, Dawn VanDenend, Florence Gluck and Sandy Murphy. Happy Birthday to you all.



Celebrating Christmas Northern Wayne

Santa even showed up to help celebrate!



Some carolers from the Preston Park School helped in the celebration as well!



Some Christmas celebrating for staff in Honesdale too....



Good food and trivia helped make for a great party along with an ugly sweater contest



DO YOU HAVE MEDICARE OR KNOW SOMEONE ELSE WHO DOES?

Do you have questions about your coverage or current plan? Do you want to know if you are eligible to save money on your prescription drug costs and/or your Part B premium? Are you currently in the donut hole and need assistance? The APPRISE PROGRAM can help!

What is APPRISE?

APPRISE is a free health insurance counseling program designed to help all Pennsylvanians with Medicare.

APPRISE counselors are specially trained staff and volunteers who can answer your questions and provide you with objective, easy-to-understand information.

You may qualify for financial assistance programs!

APPRISE wants to make sure you and others who have Medicare know about the Extra Help and Medicare Savings Programs.

How can the APPRISE Program help you?

APPRISE can help with:

- Medicare
- Medicare Prescription Drug Plans (Part D)
- Medicare Advantage Plans
- Medicare Supplement Insurance (Medigap)
- Plan Comparison
- Medicaid
- Screening and applying for financial assistance programs
- Medicare Appeals
- Long-Term Care Insurance

Extra Help

Can help lower your prescription drug co-payments and premiums, and cover the cost of the coverage gap!

You may qualify if:

- If you are single and have total monthly income of less than \$1,518/month; and less than \$14,100 in resources
- If you are married and have a total monthly income of less than \$2,058/month; and less than \$28,150 in resources

*There are certain deductions taken for Extra Help. You may qualify even if you are above these limits.

Medicare Savings Program

Can help you with the payment of your Part B premium!

You may qualify if:

- If you are single and have a total monthly income of less than \$1,366/month; and less than \$7,560 in resources
- If you are married and have a total monthly income of less than \$1,852/month; and less than \$11,340 in resources

*Medicare Savings Programs can possibly help with the payment of your Medicare Part A and Part B cost-sharing. There are certain deductions taken for Medicare Savings Programs. You may qualify even if you are above these limits.

Call today to get connected to the APPRISE Program in your area.

1-800-783-7067

APPRISE is a free service provided by the PA Department of Aging, and is funded in whole or part by a grant through the Administration for Community Living.



HR Initiative

Version 03/2018

Holiday Entertainment at the Honesdale Center



Things to do with a person with Alzheimers :

Ask someone with a child to visit

Make homemade ice cream

Listen to Polka music

Force bulbs for winter blooming

Plant seeds indoors or out

Make Christmas cards

Look at family photographs

Sort playing cards by their color



Toss a ball

Write a letter to a family member

Color pictures

Dress in your favorite football team's color

Make homemade lemonade

Pop popcorn

Wipe off the table

Name the presidents

Weed the flower bed

Give a manicure

Make cream cheese mints

Make paper butterflies

Have a spelling bee

...more next month



**Belated birthday wishes to
Roseann Middaugh 12/28**



Welcome 2019! It's the start of a New Year and time to wage war on bad behaviors of the years past.

This year we are going to do it, eat right, exercise, work on our bucket wish lists! All these things call for us to feel and be healthy. A great article in "Arthritis Today" provides "27 SECRETS" to help you transform your life...end pain... and help you feel your best!! Here are ten of them!. If you wish to inquire into all of the secrets, visit the " Arthritis Today" website : <https://www.magazine-agent.com-sub.info/>

Arthritis-Today/Welcome Submitted by: Becky Klepadlo

LOSE WEIGHT with their chocolate smoothie secret. Add one tablespoon of unsweetened powder to your smoothie. Drop excess pounds, eases joint pressure, controls blood pressure and even reduces inflammation!



JOINT PAIN relief from Apricots. Beta-cryptoxanthin may prevent osteoarthritis. Apricots have high levels of magnesium which may ease pain. Stuff them with goat cheese and almonds or grill and add them to tacos.

EXERCISE SECRET makes everyday tasks easier and less painful. It's called the "Cats Claw" technique. OPEN your hand wide, fingers straight. SLOWLY bend fingertips and thumb to the base of your fingers. HOLD 6 seconds. OPEN hand and repeat.

SERENITY NOW.. with this walnut secret. In a study, people who ate an ounce (18 halves) of walnuts a day experienced a *lower* blood pressure response to a high stress situation than people who didn't eat the nuts. Walnuts are rich in inflammation-fighting omega-3 fatty acids.



LIFT BRAIN FOG by sniffing peppermint. Researchers found that sniffing peppermint helps people feel less fatigued. That's because the peppermint stimulates the part of the brain responsible for attention & energy.



CHERRIES MIMIC THE EFFECTS OF NSAIDs like Advil without side effects. Osteoarthritis patients who drank tart cherry juice twice a day for three weeks experienced nearly a 50 percent drop in inflammation.



TO HEAL A WOUND FASTER - whether from a scraped knee, or surgical cut – reach for pumpkin seeds. The high zinc content promotes healing and helps repair and regenerate faster.

KEEP BLOOD PRESSURE IN CHECK with this spinach secret: Choose frozen spinach, NOT fresh. Frozen spinach has higher concentration than fresh of folate, the mineral linked to a lower risk for hypertension.

SPICE EASES ARTHRITIS INFLAMMATION like a prescription drug. If you are going to embrace just one new spice, make it turmeric; research suggests it may ease arthritis pain. Turmeric works along the lines of a prescription COX-2 inhibitor, but without the side effects. Easy to add to many chicken and fish dishes.



GET TO SLEEP FASTER and sleep more soundly. Take a shower before bed. As you cool down following the shower, you'll get drowsy, making it easier to nod off, sleep like a baby, and wake up refreshed!

HAMLIN'S JANUARY SPECIAL EVENTS



Center Closed – Tuesday, 1/1/19 in observance of New Years

Daily in January -Becky's Fun Month Activities – Do the activity of the day and receive Becky's bucks. The people with the most collected \$'s receive prizes on 1/29! Two ways to win based on your center attendance.

Weigh In Competition – Friday's in January – Biggest loser wins prize on 2/1/19.

Chair Yoga – Mondays, January, 7, 14 and 28 at 10 AM

Tai Chi – Tuesdays, January, 8, 15, 22 and 29 at 10:30 AM

Healthy Steps Exercise – Wed. & Thurs. at 10 AM

Zumba Gold Video Workouts – Thursdays in January at 1 PM

Craft – Tuesday – 1/15 at 10 AM Ornamental Birdseed Suet Hangers.

Birthday Bash – Friday, 1/18 following lunch

Center Closed – Monday, 1/21 in observance of Martin Luther King Jr. Day

Movie Matinee – Friday, 1/25, Action Thriller and Comedy. Serving Snacks and a beverage.

Randy Light performing



BLACK BEAR CONSERVATORY WOMEN'S CHOIR

A big THANK YOU goes out to these special ladies who visited the Hamlin Senior on November 30th. They brought in the holiday spirit with their holiday songs and are truly gifted. We were very grateful for their talents and their time!



JANUARY BIRTHDAYS

Barbara Groh 1/4
Anna Gregg 1/6

Marie Barton 1/7
Fran Ward 1/7
Sandi Roy 1/9
Nancy Zaffino 1/10
Kathy Miller 1/15/
Francis Storz 1/16
Earl Lillie 1/19
Ann Ambrose 1/22
Donna Lynn S. 1/21
Irene Holowchak 1/23
Ursula Windischamann 1/23
Tom Jamroz 1/26
Robert Warsh 1/26
Gloria Roemer 1/30
Judy Beyers 1/31



HONESDALE NEWS

December 19 – Christmas Party Recap

It was a packed house--over 90 people attended the Christmas party (see more photos page 7). Many were lucky recipients of gifts from Santa. Thank you to all who attended, and many thanks to the kitchen staff for preparing such a delicious holiday dinner.

Memoirs & More Writing Group Continues January 4

This group meets the first and third Friday of each month from 1:00 to 3:00 p.m. in the Honesdale Senior Center library. The group is free and open to all who would like to write, talk, share and support.

The dates are as

follows (excluding holidays and snow days; if the Wayne Highlands School district is closed, the group will not meet).

January 4, 18; February 1, 5; March 1, 15; April 5, 19; May 3, 17; June 7, 14; July 12 (holiday change, 26; August 2, 16; Sept. 6, 20; October 4, 18; Nov 1, 15; Dec 6, 20.







January 21

The center is closed in honor of the Martin Luther King, Jr. holiday.

January 28 Craft Group Meets

Please call Suzanne at 570-253-5540 if you plan to attend to make a Valentine's craft. No cost to attend or for supplies. Happy New Year to all!



JANUARY Ala carte Menu 	Closed 	2) Tomato soup Grilled cheese sandwich	3) Bacon cheeseburger w chips	4) Soup of the day Chicken quesadilla
7) Soup of the day Chicken, cranberry, apple, feta salad	8) Soup of the day Broccoli quiche 	9) Soup of the day BLT sandwich 	10) Soup of the day Open faced hot turkey sandwich with mashed potatoes	11) Soup of the day Chicken patty with lettuce & tomatoes and chips
14) Soup of the day Taco salad	15) Turkey, Bacon ranch wrap	16) Soup of the day Buffalo chicken wrap	17) Soup of the day Hot Ham & cheese on a roll	18) Soup of the day Chicken parmesan with garlic bread
21) Closed 	22) Tomato soup Grilled cheese sandwich	23) Soup of the day Tuna fish, lettuce & tomato wrap	24) Rueben sandwich	25) Soup of the day Pizza
28) Soup of the day Turkey & cheese with lettuce and tomato sandwich	29) Soup of the day Macaroni & cheese	30) Chili w roll & butter BLT wrap	31) Beef stew with roll and butter	 Hot dogs available upon request



Mohegan Sun Casino

Wednesday, March 13, 2019
Snow date is Thursday, March 14th
\$22.00 per person

Price includes: \$25 free slot play, \$5 food voucher, bus transportation, & driver's tip. Depart the casino at 3:00pm

Sign up with Marie at 253-5540 or
Debbie at 570-630-2385

Depart:

Honesdale McDonald's @ 8:00am

Hawley Senior Center @ 8:30am

Hamlin Senior Center @ 9:00am

Return Home:

Honesdale @ 5:00pm

Hawley @ 4:30pm

Hamlin @ 4:00pm



***Money needs to be in by Monday, March 4th.**

***Make checks payable to: Wayne County Aging.**

***Cancellation Policy: Your money refunded only if your seat can be filled. No refunds after March 4th for any reason.**

***Remember to bring your picture I.D.'s.**



RSVP of Pike, Wayne & Berks Counties*

Volunteer Opportunities

***Home-Delivered Meal Drivers Friday Mornings**

***Senior Centers (Kitchen Help, Activities, Hamlin Jingers)**

***APPRISE (Medicare Counselors)**

***American Red Cross**

(Blood Donor Ambassador, Pillowcase Project, Recruitment)

*** Companion for trips to medical appointments as needed**

For more information on these or other opportunities,

please call Dawn Houghtaling, RSVP Coordinator at

570-390-4540 or email houghtalingd@diakon.org

**RSVP is funded by the Corporation for National
and Community Service and managed by
Diakon Community Services.*

NORTHERN WAYNE NEWS

On December 6th the Christmas party was held. The chorus from Preston school sang beautiful Christmas carols and songs. The seniors were very good this year so Santa arrived with gifts. (see pictures page 5)

January 3rd is the New Year's party. Juice, roast beef on rye, mustard, tossed salad and sliced peaches are on the menu. Please call Marie at 570-253-5540 for reservations.

Happy
New Year
to all!





Honesdale Center Earl J. Simons Center 323 10th Street, Honesdale, PA 18431 570-253-4262/570-253-9115 fax end of 10th St. across from Stone Jail

Hamlin Center Salem Township Building, 15 Township Bld. Rd, Route 590 Hamlin, PA 18427 570-689-3766 // 570-689-5002 fax Route 191 South to Hamlin 4 corners turn right onto 590 West, go 1/2 mile turn right after UPS Sign

Hawley Center Robert J. Drake Senior Community Center 337 Park Place, Bingham Park Hawley, PA 18428 570-226-4209 // 570-226-3422 fax Route 6 to Hawley, past ball field across from Mayor's office, just before bridge, left onto Park St

Northern Wayne satellite @ Northern Wayne Fire Company, 1663 Cross-town Highway, Lakewood, PA 18439 570-798-2335 (fire co) Meetings March-October - 1st & 3rd Thursday; Meetings November-February—1st Thursday only

Waymart satellite @ St. Mary's Rectory at 242 Carbondale Road, Waymart. Meetings 1st & 3rd Thursday. Call Kimber Best 570-766-1916.

Transportation 323 10th Street, Honesdale, PA 18431; 8:00 am-4:00 pm www.waynecountypa.gov go to "human services" click on "transportation" 570-253-4280; out of 253 exchange 1-800-662-0780

Wayne County Veterans Affairs Representative: Honesdale 314-10th Street, 9-4, Monday through Friday. For more info please call: 570-253-5970, Ext. 3114.

Production Coordinator: Kathy Robbins

Menu Coordinator: Joanne Pesota

Editor: Kathleen Chicoski kchicoski@waynecountypa.gov



The Wayne County Adult Day Service is open Monday – Friday. To contact the center please call: 570-390-7388 in Hawley

